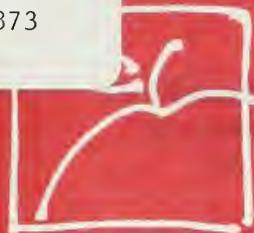


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Adolescent Pregnancy and Nutrition

Teaching and Working Tools (in order by year)

Nutrition During Lactation. National Academy of Sciences. 1991. 309 pp. National Academy Press, 2101 Constitution Ave., NW, Washington, D.C. 1-800-624-6242. A 19-page summary is also available.

Nutrition and the Pregnant Teen. Darlene Forester and Janet Kurzynske. 1991. Includes flip chart and lesson guides. Kentucky Cooperative Extension Service, EFNEP. Available from Janet Kurzynske, 205 Scovell Hall, University of KY, Lexington, KY 40546-0064. (606) 257-3888.

Nutrition During Pregnancy. National Academy of Sciences. 1990. 468 pp. National Academy Press, 2101 Constitution Ave., NW, Washington, D.C. 1-800-624-6242. A 23-page summary is also available.

Nutrition Management of the Pregnant Adolescent: A Practical Reference Guide. Mary Story (ed.). 1990. 182 pp. *Adolescent Pregnancy: A Resource Guide*. Feb. 1990. 8 pp. Available from the National Maternal and Child Health Clearinghouse, 38th and R Streets, NW, Washington DC 20057. (202) 625-8400.

Classroom Activities in Nutrition in Teenage Pregnancy. Dian Gans and Barbara A. Hetzel. 1990. 166 pp. Available from Publication Sales, Wisconsin Dept. of Public Instruction, 125 S. Webster St., P.O. Box 7841, Madison, WI 53707-7841. (608) 266-2188.

Developing School Programs for Pregnant/Parenting Teens. Jeanne Warren Lindsay. 1990. 19 pp. Morning Glory Press, Inc. 6595 San Haroldo Way, Buena Park, CA 90620. (714) 828-1998.

The resources listed are judged to be available and to contain accurate and readable nutrition information. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

Eating for a Better Start: Instructor's Manual. Maryfrancis Marecic, Irene Strychar, and Cheryl Achterberg. Revised by Judith Heald, Elizabeth Specht, and Madeleine Sigman. Revised Jan. 1990. Available from Penn State Nutrition Center, Ruth Building, 417 E. Calder Way, University Park, PA 16802. (814) 865-6323.

Healthy Foods, Healthy Baby: A Story about How to Eat Right When You Are Pregnant. Also in Spanish. March 1989. 28 pp. Available from Maternal and Infant Health, Philadelphia Dept. of Public Health, 500 S. Broad St., Philadelphia, PA 19146. (215) 875-5927. English version also available free from National Center for Education in Maternal and Child Health, 38th and R St. NW, Washington D.C. 20057. (202) 625-8400.

Reaching Out: A Directory of National Organizations Related to Maternal and Child Health. March 1989. 126 pp. *Starting Early: A Guide to Federal Resources in Maternal and Child Health.* 2nd edition. Jan. 1988. 171 pp. Available from the National Center for Education in Maternal and Child Health, 38th and R Streets NW, Washington DC. 20057. (202) 625-8400.

“Nutritional needs of the pregnancy adolescent.” Bonnie S. Worthington-Roberts and Jane M. Rees In: *Nutrition in Pregnancy and Lactation.* Bonnie S. Worthington-Roberts and Sue Rodwell Williams. St. Louis, MO: Times Mirror/Mosby College Publishing, 1989. pp. 209-243.

Journal articles (in order by publication)

“Nutrition during pregnancy and lactation: key issues.” *Dairy Council Digest*, 62(3) May-June 1991. Available from National Dairy Council, 6300 North River Road, Rosemont, IL 60018-4233 (708) 696-1020, ext. 316.

“EFNEP for pregnant teens.” Irene M. Strychar, Cheryl L. Achterberg, and Lisa A. Sullivan. *Journal of Nutrition Education*, 23(1):40C-41. Jan./Feb. 1991.

“Position of the American Dietetic Association: nutrition management of adolescent pregnancy.” *Journal of the American Dietetic Association*, 89(1):104. Jan. 1989.

“Nutrition management of adolescent pregnancy: technical support paper.” Bonnie Worthington-Roberts, Jane Rees and Jeannette Endres. *Journal of the American Dietetic Association*, 89(1):105-109. Jan. 1989.

“Breast-feeding attitudes and practices among adolescents.” Mary Jo Baisch, Robert A. Fox, and Barbara D. Goldberg. *Journal of Adolescent Health Care*, 10(1):41-45. Jan. 1989.

"Understanding adolescent mother's feelings about breast-feeding." Susan M. Radius and Alain Joffe. *Journal of Adolescent Health Care*, 9(2):156-160. March 1988.

Audiovisuals (in order by year)

Inside My Mom. (1990). March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605. (914) 428-7100. **Includes:** 9 min., 18 second VHS videocassette. **Content:** A cartoon fetus tells what it is like to share everything with its mother. This video offers nutritional advice in an entertaining manner. Suitable for junior high school and up.

Rockabye. (1989) Also available from the March of Dimes. **Includes:** 16 min. VHS videocassette, Leaders Guide, and two posters. **Content:** The difficulties of adolescent parenthood are related by teen-agers in a rock video format. Information on nutrition, alcohol and drug abuse, and prenatal care is included. Suitable for junior high school and up.

Eating Right For Two. (1989) Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025. 1-800-334-7830. **Includes:** 20 min. VHS videocassette, discussion guide. **Content:** Material is presented in an informal class setting with a broad ethnic representation, a teen, and fathers. Participants discuss fetal development, nutritional needs of mother and fetus, nausea, exercise, drugs (including over the counter drugs), alcohol, and cigarette use.

Pregnant Teens Taking Care. (1989) Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025. 1-800-334-7830. **Includes:** 22 min. VHS videocassette, discussion guide. **Content:** This video describes conception and fetal development, stresses the importance of prenatal care and of support from friends and family, teaches nutritional information, and warns of the dangers of using drugs, alcohol, and tobacco.

Hey Baby. (1988) Public Health Nutrition, Box 197, Mayo Building, 420 Delaware St., University of Minnesota, MN 55455. (612) 625-1118. **Includes:** 15 min. VHS videocassette. **Content:** Presented in a video magazine style of short segments on a variety of related subjects, this videocassette discusses weight gain during pregnancy, proper nutrition, and exercise. It also addresses the benefits of breastfeeding.

Mom To Be - Eating Right for Your New Baby. (1988) Alabama Cooperative Extension Service, 17 Duncan Hall Annex, Auburn University, Auburn, AL 36849-5635. (205) 844-5323. **Includes:** 25 min. VHS videocassette. **Content:** Material uses a lecture format to offer advice on what foods to eat, weight gain during pregnancy, developing good eating habits, eating in fast food restaurants, and importance of drinking enough water.

Just A Beginning - Pre-natal Care for Teens. (1988) Mondell Productions, 5215 Homer St., Dallas, TX 75206. (214) 826-3863. **Includes:** 20 min. VHS videocassette. **Content:** In this video teen mothers share their experiences. Pre-natal care; proper exercise, rest, and eating; staying in school; and dangers of drug, alcohol, and cigarette use are stressed.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

Health Department	Nutritionist
County or State Extension	Home Economist
Local March of Dimes Chapter	
Hospital	Dietitian or Childbirth Educator
La Leche League (local office)	Lactation Consultant

National Contacts

March of Dimes Birth Defects Foundation. 1275 Mamaroneck Ave., White Plains, NY 10605. (914) 428-7100.

National Center for Education in Maternal and Child Health. 38th and R Streets NW, Washington DC 20057. (202) 625-8400.

Food and Nutrition Information Center. National Agricultural Library, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 344-3719.

American Dietetic Association, National Center for Nutrition and Dietetics. 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040, ext. 4585.

Penn State Nutrition Center. Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

La Leche League International Inc. P.O. Box 1209, Franklin Park, IL 60131. (708) 455-7730.

Healthy Mothers, Healthy Babies National Coalition. 409 12th St., Washington DC 20024-2188. (202) 863-2458.

National Organization on Adolescent Pregnancy and Parenting. 4421-A East-West Highway, Bethesda, MD 20814. (301) 913-0378.

Office of Adolescent Pregnancy Programs. 200 Independence Ave. SW, Room 736E, Washington DC 20201. (202) 245-7473.

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- Bonnie Worthington-Roberts, Ph.D., Director and Professor, Nutritional Sciences, University of Washington, Seattle, WA 98195.

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